



SEEDS

Social Emotional Education & Development of Self

Community Engagement Series

Event Name:

Yoga and Crafts
Under the Sky



Dates (All dates 2023)	Ages	Time	Location
June 19, 20, 21	5-9	10:00am - 1:00pm	Old Mill Park 375 Throckmorton Ave Mill Valley, CA 94941 Behind Mill Valley Public Library (Outdoors)
July 25, 26, 27	5-9	10:00am - 1:00pm	
July 31, August 1, 2	10-15	10:00am - 1:00pm	
August 7, 8, 9	5-9	10:00am - 1:00pm	

Event Description:

This yoga experience will take children through a combination of traditional yoga poses (asanas), stretches, creative movement, and breathing techniques (pranayama), along with storytelling, songs, and games. Each day will include an art project that will become an active prop for our yoga sequence. Combined with free movement and nature exploration, this experience will expose children to mindful movement while enhancing their self-confidence and motivating them to keep moving and discovering. Combined with free movement and nature exploration, this experience will expose children to mindful movement while enhancing their self-confidence and motivating them to keep moving and discovering.

Price: \$150 per day

Registration: Click below to register. All fees will be waived.

[General Registration](#)

[GGRC Registration](#) - For individuals with developmental disabilities who receive services through GGRC



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